

# Carolina country



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## It's Autumn

INSIDE:

Fall festivals

Apples & pumpkins

Co-ops & solar energy

October is National Cooperative Month



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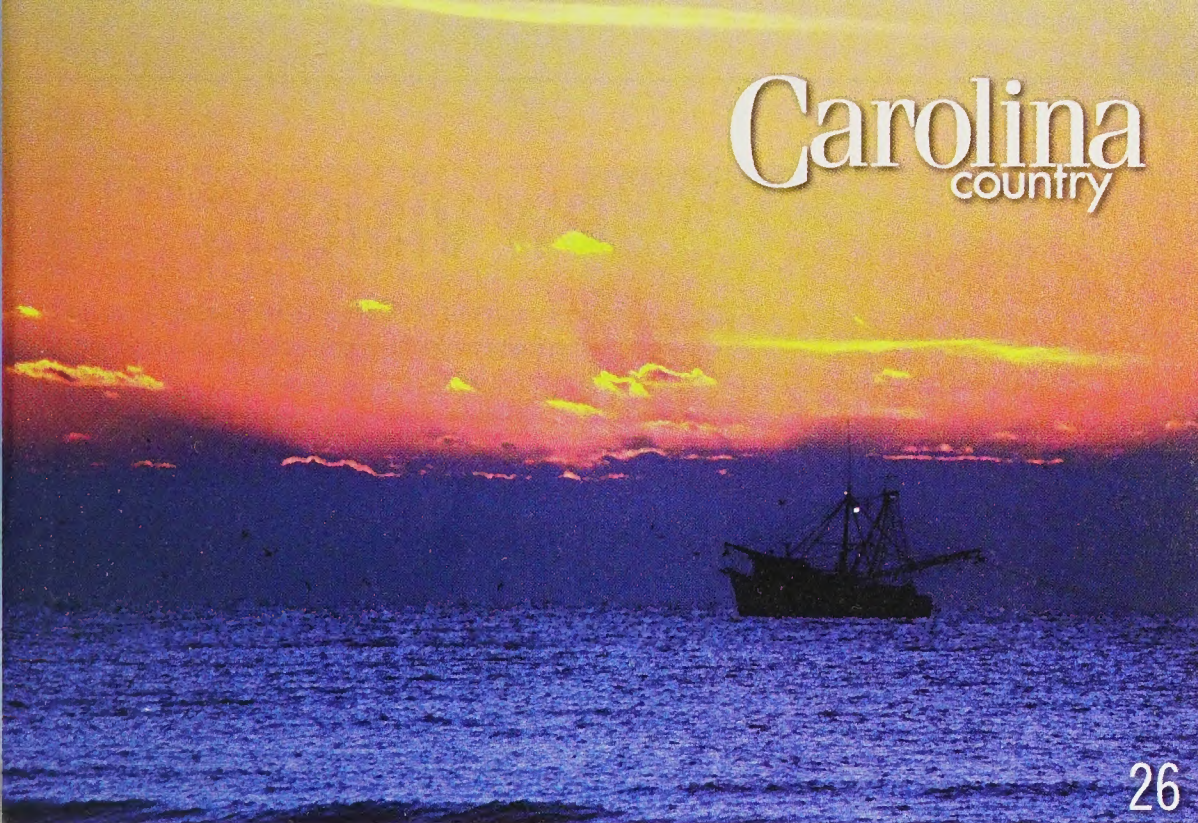
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**For Earth, For Life**  
**Kubota**





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New Bern's serene riverfront downtown will burst with excitement Oct. 9–11 when the 35th annual Mumfest attracts an extraordinary line-up of activity, from Aerial Acrobatics to the Yo-Yo Guy. Mumfest.com (New Bern-Craven County CVC photo)



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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

## Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$5 per year.

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## HAS YOUR ADDRESS CHANGED?

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# It gave us new visions

*This account of forming Davie EMC electric cooperative in the late 1930s is excerpted from an interview with Alvin Morrison, an African-American farmer in Iredell County, conducted in 1984 by Dusty Rhodes.*

There was a division among the residents in Iredell County, as to what we should do—whether we should proceed to set up EMC co-ops for electrification or whether we should get a private or a public utility to come in. That would have been Duke Power.

A committee was appointed to contact the officials at Duke Power Company. They came back to the group that was meeting. They reported that Duke officials promised that they would run the line [along Old Mocksville Road] down to the South Yadkin River. And they asked them, “Will you serve the entire community?” They said, “No.” And the wealthy farmers living on the road, who could have gotten electric service, would not accept it. They said, “If you don’t serve the entire community, we won’t have it.”

When the vote was taken, the majority voted to get a cooperative to provide electric services for the community.

...It’s interesting when you think about how the philosophy of the rural cooperative grew to serve the ordinary family. If you had had a private utility—not that I’m necessarily against the private utilities—they expect a return on their investment. So I can understand how probably they thought that if they would make the kind of investment in our community, they could not have gotten a fair return. But the rural cooperative, being non-profit, enabled *all* of us to receive electricity in our homes.


...I worked actively to help to get people to sign up. There was another black man whose name was Mr. Willie Feimster. He was interested in it, and as well as I can recall probably he and I were the only black farmers in the community that attended the meetings. But we were interested in it, and we stuck with it until we got electricity...



I just felt we were getting a service, we were getting a facility or a resource that would enable us, really, to live a happy home life. It just gave us new visions, new foresights into what we thought we could do, what we would be able to do, how it would save time, how it would enable us to read with more comfort...

When we were working to get the EMCs in this area, a businessman said to me, “What you’re doing is socialism.” And I replied, “If it is socialism, it is a *good* socialism, and I *like* it.”

...This rural cooperative movement I think confirms what I have believed personally for a long, long time: that, to succeed, if you can get a group of people working together cooperatively, you can almost achieve whatever you desire. That is very basic, and I think that is what has enabled the rural electric and telephone cooperatives, all cooperatives, to succeed as well as we have. The fine spirit of cooperation and the philosophy that working together, we can achieve our goals and objectives.

I’m thankful to God that he spared me to see as much progress made as has been made through the rural electric cooperatives. 

Listen to some of Mr. Morrison's interview at [carolinacountry.com](http://carolinacountry.com)



## Carolina Country news

Beginning Oct. 1, the cost of a one-year personal subscription to Carolina Country rises to \$12 from \$10. Paid subscribers will have access to the new Carolina Country magazine app for iPads and Android-based tablets, available free in the App Store and from Google Play. The rate increase does not affect those of you who receive the magazine from your electric cooperative.

Also beginning Oct. 1, we implement a new policy for publishing coming events in the magazine and online (see page 26). The policy aims to improve the scope and accuracy of the listings.

## Our co-op, precious memories

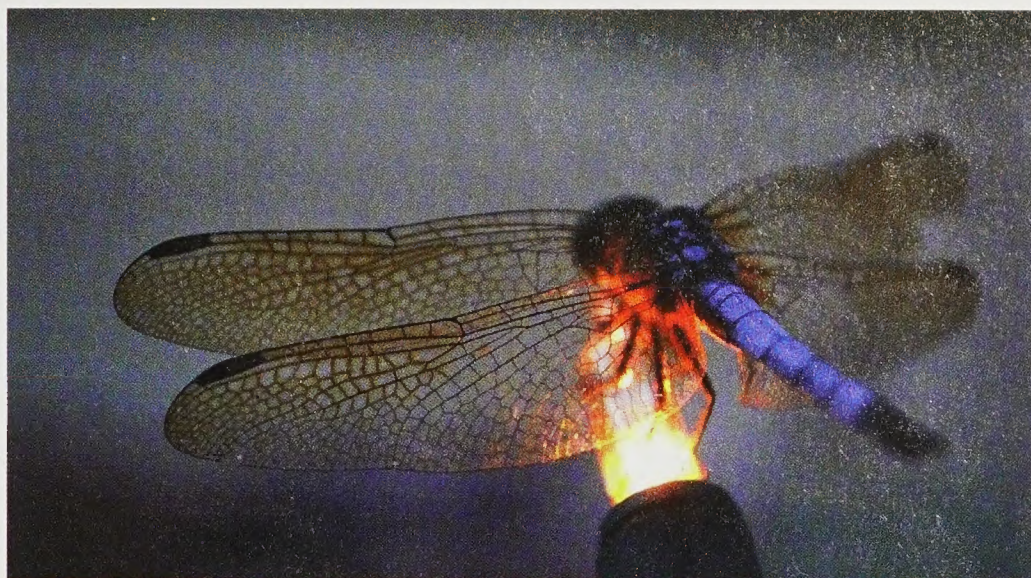
I am a 90-year-old widowed World War II veteran. I was born and reared in the red clay hills of Surry County with no electricity or running water. We lived in what our state's Poet Laureate calls a "plank house."

In 1940, when I was 16, REA (now the Surry-Yadkin cooperative) came through with power lines pulled by a humpback mule over hills and hollows. It wasn't long until we had electric lights, a "Kelvinator," as we called it, an electric washing machine, churn, iron and well water pump. My mother was overjoyed, but she insisted on keeping her woodstove for cooking. Like so many other farm women of that era, she fried chicken in a cast iron skillet. We often had that fried chicken for breakfast on Sunday mornings, along with moon size biscuits and sawmill gravy (often called "Hoover gravy" or "poly sop") with homemade butter and molasses.

I know times have changed, but the delights of country living came when the co-op brought power lines to the farms. All of our rural folks know the words to that wonderful hymn: "precious memories, how they linger."

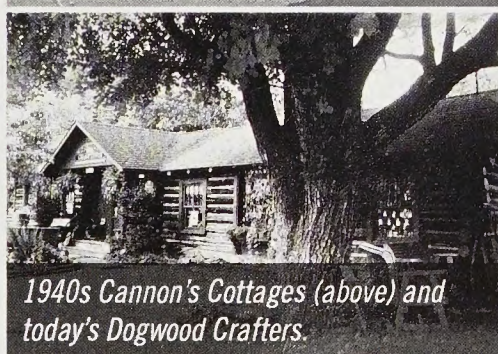
I would like to renew my subscription to your wonderful magazine.

*Hugh Snow, Winston-Salem*



**My dragonfly.**

*Sandy Stock, Raeford, Lumbee River EMC*



*1940s Cannon's Cottages (above) and today's Dogwood Crafters.*

## Travel cabins to crafts co-op

I just wanted to send you some information about the old travel cabins in Dillsboro ["I Remember," July 2015].

They are all joined together now and house items from 80 crafters in 13 rooms. Dogwood Crafters ([dogwoodcrafters.com](http://dogwoodcrafters.com)) is a not-for-profit craft cooperative that over the last 39 years has made improvements each year to the inside and outside. We hope to have a home for Appalachian crafters for years and years to come.

*Brenda Anders, Dillsboro*

## Onie on the move

I want to thank everyone who reads Carolina Country for sending me stamps, cards, letters and gifts, but most of all is the love you all share by helping me out. I moved from my mother's home in Blounts Creek, then I moved to the apartment. My foot gave away, and I moved into the group home. People were really good to me there. But I am going to keep on walking as long as I got two feet to carry me. So now I live in an assistance living home, and I like it. Clara Manor will be my home until Jesus comes to get me. Everyone here is kind, respectful, gentle, helpful and understanding. I can clean house, dust, wash dishes. I don't have much money, but if you have love in your heart and faith, that is what counts.

*Onie Frances Rogerson, Clara Manor, 1218 Pamlico St., Washington, NC 27889*



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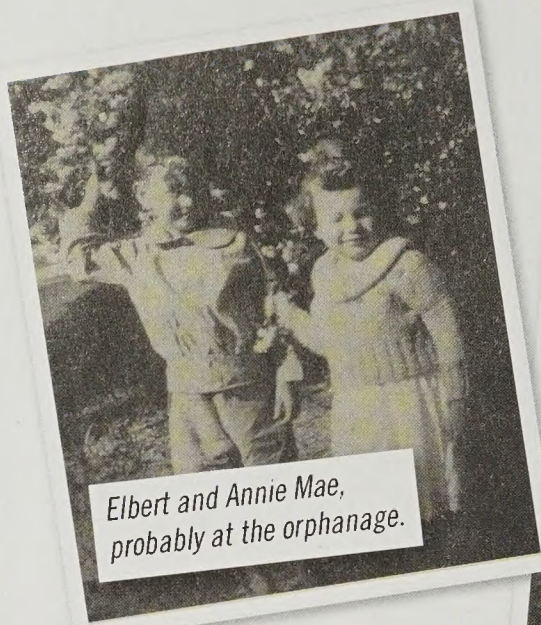
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Elbert and Annie Mae,  
probably at the orphanage.

## How my Mama cared for two families

Front (from left): Elbert Snipes and Annie Mae Snipes with my sister Dean Breedlove. Back (from left): my brother Frank Breedlove and his wife Rama Jean Breedlove, my dad Herbert Breedlove, my mom Lois Breedlove, sister Wilhelmina Breedlove, and me, Lucille Breedlove.

By Lucille Phelps

I was one of four children — a brother, two sisters and me — in my Mama's "second family." We lived through the Depression and World War II. After high school, my sisters graduated from nursing school.

But Mama, Lois Snipes, had another family before we were born. Her parents died young, leaving her with a 3-year-old brother, Elbert, and a 1-year-old sister, Annie Mae. Mama was about 19 and did odd jobs and later worked at Broughton Hospital. Then her church, Mount Home Baptist in Morganton, came to her rescue and helped her get her young siblings into an orphanage at Thomasville and later at Oxford. Annie Mae remembered picking cotton there. When she could, Mama took the bus to visit them and took them toys.

When Mama and Daddy got married in 1923, Annie Mae was 7 and Elbert was 9. My parents took the two to live with them until Elbert and Annie Mae were grown.


Elbert finished Kings Business College and became an accountant. He worked in Charlotte, Richmond and Washington, D.C. When I graduated from high school he sent me \$25. I opened a savings account with it. Elbert would send us Reader's Digest and Life magazine for Christmas. He also gave us a radio, which we listened to the war news on, and a record player, on which we played the song "Atomic Power." Before I was born, he told Mama he liked the name Lucille. That is how I got my name.

Annie Mae worked in Washington, D.C., and Pennsylvania. She would send Mama a check at Christmas

and boxes of clothes during those years for us three girls.

Elbert asked my husband and me to take care of his affairs when he died and to put him near Mama. Dad had a vacant grave in his plot so we put Elbert there.

We visited Annie Mae many times in York, Pa., and took her to see Mama before she died. It was also her request to be buried near Mama. She bought a grave near Mama as close as I could find. She died in 2012 at 96. I also had inscribed on her monument: Annie Mae Snipes, sister of Lois Snipes Breedlove.

When people asked us about our brother and sister, we always knew whom they were talking about. My mama was their sister and their other "mother." 

*Lucille Phelps, a member of Roanoke Electric Cooperative, lives in Windsor, Bertie County.*

### Send Your Story

If you have a story for "Where Life Takes Us," about an inspiring person who is helping others today, or about your own journey, send it to us with pictures.

- We will pay \$100 for those we can publish.
- Send about 400 words.
- Pictures must be high resolution or good quality prints.
- Include a stamped, self-addressed envelope if you want anything returned.
- We retain reprint rights.
- Tell us your name, mailing address, and the name of your electric cooperative.
- To submit, email to [editor@carolinacountry.com](mailto:editor@carolinacountry.com) ("Inspiration" in the subject line) or online at [carolinacountry.com/contact](http://carolinacountry.com/contact)



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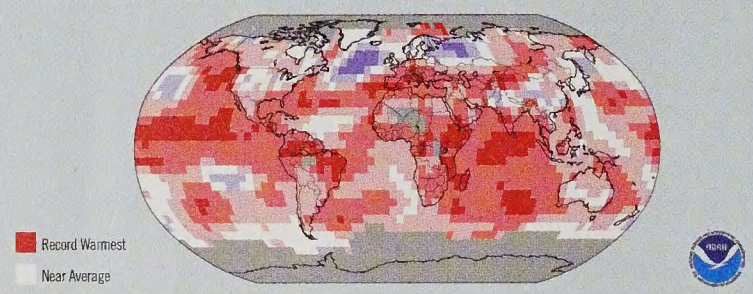
## Hot potato!

Across the world, air temperatures recorded during the month of July 2015 were the highest since record-keeping began in 1880, reported the National Oceanic and Atmospheric Administration (NOAA). The U.S. was spared what most of the globe experienced in July. While the month here was hotter than normal, no states reported setting July temperature records.

Averaged for all places on Earth, the record was 61.86 degrees, exceeding the previous hottest months of July 1998 and July 2010. Records fell in Austria, Spain, Germany and the United Kingdom. In one Iranian city, NOAA said, the mercury on July 31 reached 115 degrees and combined with a dew point of 90 degrees to create a heat index of 165 degrees.

NOAA added that July 2015 marked the 39th consecutive July—and 365th consecutive month—with a global temperature that was above average.

### Land & Ocean Temperature Percentiles July 2015



## The power of second chances

Electric cooperatives offer members a variety of ways to pay for electric service. Tideland EMC in eastern North Carolina, like other cooperatives, runs a program whereby members can pre-pay for electric service, or “pay as you go.”

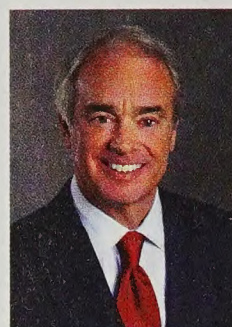
The FlexPay program involves opening an account with a small balance. When the balance needs to be replenished, the cooperative notifies the member and accepts payment in a number of ways, including online. Participants don’t get bills in the mail, and they are not subject to late payment fees or non-payment disconnect or reconnect fees.

Pre-paid service also places members closer to their energy consumption patterns, so that their own efficiency measures can reduce usage and lower their costs.



Tideland EMC recently produced a video on the program, showing “the power of second chances.” See the video on [tidelandemc.com](http://tidelandemc.com) and [carolinacountry.com](http://carolinacountry.com)

## Retired Duke CEO looks to a cooperative business structure for ‘lighting the world’



Although he ran the largest investor-owned utility in the U.S, Jim Rogers, former CEO of Duke Energy, is turning to the cooperative concept as he takes around the globe a mission of bringing electricity to people without it.

“It’s emerging as my dominant mission,” said Rogers in an interview with the Charlotte Observer. And the way he imagines global electricity evolving is to facilitate the partnership between governments and private companies, allowing them to raise capital to build microgrids alongside existing utilities. Getting people involved in bringing electricity to their areas, he suggests, will mean they value it even more.

Rogers envisions coupling solar power with battery storage to create “microgrids” in areas without electricity. Microgrids can sync with existing infrastructure but can operate independently if needed. The set up would allow people to power lamps, irrigation pumps, water purifiers and cell phones, improving their lives much like electric cooperatives did 80 years ago in rural America. He has written about his ideas in a new book, “Lighting the World.”

## Small-scale solar energy across Co-op Nation

Member-owned electric cooperatives have nearly 240 megawatts of solar capacity online or on the drawing board across the U.S.

Not-for-profit electric co-ops develop solar for one reason only: to serve their members. Solar energy installations are cropping up quickly and are expected to continue.

Some co-ops have invested in local, small-scale facilities that not only contribute to reducing carbon emissions that otherwise would come from fossil-fueled conventional power plants, but also offer communities the opportunity to see solar-electric plants up close. Another popular form of cooperative solar power allows members to directly buy into a solar electric installation. Members of Pee Dee EMC in Wadesboro, for example, can “buy” a solar panel on a solar energy facility nearby and earn credits on their electric bills.

Nationwide, cooperatives are developing solar in 34 states in regions of the country where this technology had been written off as unprofitable. Co-ops are partnering with farmers and ranchers, industrial members, local governments, schools, military bases and sister co-ops.

See a demonstration of co-op solar power at [carolinacountry.com](http://carolinacountry.com)





CO-OPS AND COMMUNITY JOBS

# Piedmont Electric helps create jobs and safer communities

In recent months, Piedmont Electric Membership Corporation, based in Hillsborough, has helped make the communities it serves safer by issuing no-interest loans to fire and rescue operations in Orange, Person, Caswell and Durham counties.

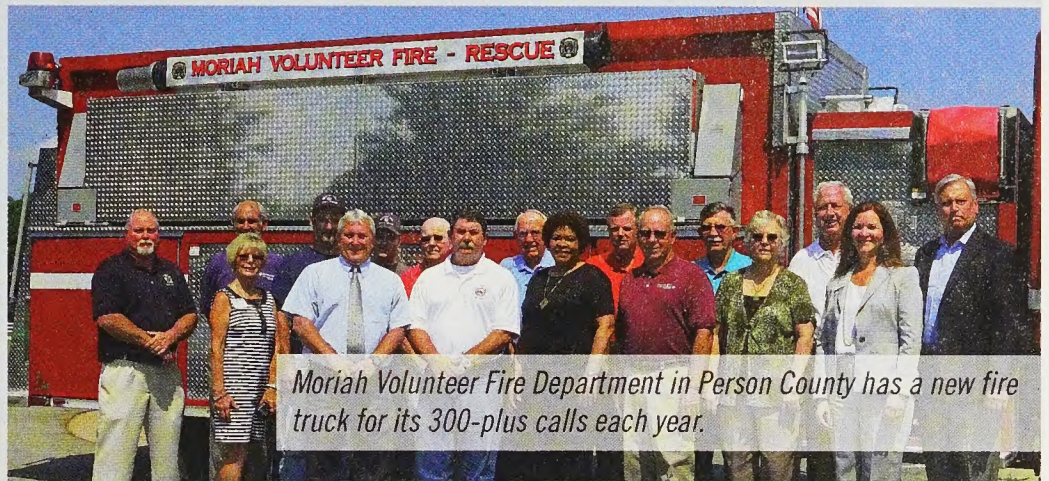
"We are always proud when we can support a project that improves a community in which we provide electricity," said Piedmont Electric president and CEO Randy Brecheisen. "Working with fire and rescue departments gives us the unique opportunity to strengthen the communities we serve. We feel it is making our community a safer place to live, a picture of everything our cooperative structure represents."

Piedmont Electric's Revolving Community Loan program, in partnership with the USDA's Rural Economic Development Loan and Grant program, helps provide zero-interest loans to local businesses. As loans are repaid, funds go into the electric cooperative's Revolving Loan Fund, available to loan again to assist with future projects.

Last year, the co-op provided the city of Mebane with funding to purchase new fire trucks and equipment. The following fire and EMS departments have received assistance during the last 14 months.

## Eno Fire Department: \$285,000

A new elliptical tanker will be used to carry 1,800 gallons of water to fire scenes outside of Hillsborough's



city limits. The tanker will provide fire suppression, medical first responder and haz-mat services to the Hillsborough area in Orange County.

## Moriah Volunteer Fire Department: \$250,000

A new fire truck will be used to improve emergency response of the Moriah department to approximately 300 calls per year in Person County and a part of Durham County.

## Orange Rural Fire Department: \$360,000

A new Sutphen rescue pumper truck will serve as a first response unit for all fire, rescue and wreck calls that occur within the Orange Rural Fire Department District and the town of Hillsborough, to help improve their aging fleet of fire engines. Not only does the truck purchase improve the safety of the 64 square-mile area, but the savings on interest alone will help fund two new positions in the department.

## New Hope Volunteer Fire Department: \$168,000

The loan helps add a tanker truck to the New Hope fleet to haul water to rural fires where hydrants are often less common. The savings on interest alone will help add new protective turnout gear for three firefighters, reports Howard Pratt, president of the VFD.

## Caswell County Emergency Medical Services: \$360,000

The loan helps purchase two ambulances for the Caswell EMC fleet. The fact that there are no hospitals located within Caswell County means that EMS vehicles must transport patients to the closest appropriate facility. Fully functional and dependable ambulances are essential to ensuring that patients reach hospitals in time to receive the care they need.

— Rachael Benedict, PEMC

## Do dimmer switches work with CFL and LED lights?

Traditional incandescent bulbs work with almost any dimmer, but the newer, more efficient LED (light-emitting diode) and CFL (compact fluorescent) lighting perform differently depending on the dimmer you install. You should use a dimmer designed specifically for dimmable LED and CFL bulbs.

They are becoming more common, and newer bulbs are becoming more compatible with dimmer switches.

### Resources:

"How to Use a Dimmer Switch With CFLs and LEDs," PopularMechanics.com  
"Selecting the Proper Dimmer," bulbs.com





Try This!

## Keeping rooms comfy

### Balancing temperatures in a two-story home

By Jim Dulley

Temperatures that vary by rooms in a home is a common problem, particularly in a two-story home. It's true even for the newest heat pump systems. Unless you install an expensive zone-control system with multiple thermostats, your heat pump can only respond to the temperature of the room where the wall thermostat is located.

Numerous factors contribute to the problem, including the number and orientation of windows, whether the room is on the first or second floor, the room's activity level and the length of the duct leading to it.

Temperature differences also can be caused by variances in the energy efficiency of rooms. Leaky windows are a particular problem.

Check your home's attic insulation, especially if it is the blown-in type. The insulation can shift during storms, and eventually, some rooms can have two feet of insulation while others only have two inches. Even out insulation as much as possible.

The standard builder-installed

#### Resources

These companies offer booster fans:

##### Aero-Flo Industries

219-393-3555 [aero-flo.com](http://aero-flo.com)

##### Field Controls

252-522-3031 [fieldcontrols.com](http://fieldcontrols.com)

##### Suncourt Manufacturing

800-999-3267 [suncourt.com](http://suncourt.com)

For register deflectors:

##### Ameriflow

800-252-8467 [ameriflowregisters.com](http://ameriflowregisters.com)

##### Deflecto Corporation

800-428-4328 [deflecto.com](http://deflecto.com)



*This booster fan has a winter-summer switch and an adjustable sensitivity knob to fine tune for your room.*

sheet metal ductwork often has many leaky spots, so some heated or cooled air never makes it to rooms. The joints between duct segments are the most common areas that leak. Use Duct Mastic, a "paintable" goo that you spread on the joints, cracks and seals of the ductwork. It dries hard and is flexible to seal the duct work.


Each room should have a return air register or duct. Return ducts usually run down between the wall studs inside interior walls, so adding them in problem rooms is not difficult for a contractor.

There are many innovative ways to install an additional return duct. For example, in my parents' older home, the contractor was able to run a return duct down through a never-used laundry chute.

Check ducts near the heat pump. If you see short handles on each one, they are for control dampers inside the ducts. When the handle is parallel to the duct, the damper is fully open. You can partially close the dampers in the duct leading to the rooms getting too much heating or cooling to force more to the problem rooms.

If these methods don't provide adequate temperature balancing, consider installing duct booster fans. These small fans mount in the ducts to the problem rooms and force more conditioned air to them.

These fans are sized to fit standard round and rectangular residential ducts. The simplest fans sense when the main blower turns on, and they automatically run at the same time. Others have built-in thermostats to determine when they run. It's best to hire an experienced contractor to handle the installation for you.

A simple do-it-yourself option is to install a register booster fan. This small rectangular fan mounts over the register cover in the room and is plugged into a standard electrical wall outlet. The small fan uses only about 30 watts of electricity, and some models are adjustable to turn on only when more cooling or heating is needed. 

*Jim Dulley is an engineer and a columnist for the National Rural Electric Cooperative Association. Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, Ohio, 45244, or visit [dulley.com](http://dulley.com).*

For more information on how to save energy, including a virtual house tour, go to [TOGETHERWESAVE.COM](http://TOGETHERWESAVE.COM)



# OCTOBER IS NATIONAL CO-OP MONTH



See the video at  
[carolinacountry.com](http://carolinacountry.com)



America's Electric  
Cooperatives



Send us your favorite photo (North Carolina people or scenes) and the story that goes with it. We will pay \$50 for each one that we publish in our Carolina Country Scenes gallery in the February 2016 magazine. Judges will select more for our "Photo of the Month" feature and we'll pay \$50 for those.

## RULES:

Deadline: December 10, 2015.

One entry per household.

Digital photos should be a minimum of 1200 by 1800 pixels.  
Prints a minimum of 4 x 6 inches.

Include your name, electric co-op, mailing address and e-mail address or phone number.

If you want your print returned, include a self-addressed, stamped envelope. (We will not return others.)

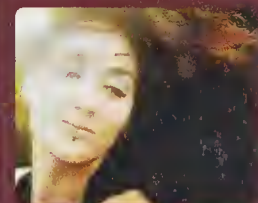
We retain reprint rights.

We will post on our websites more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)

## SEND TO:

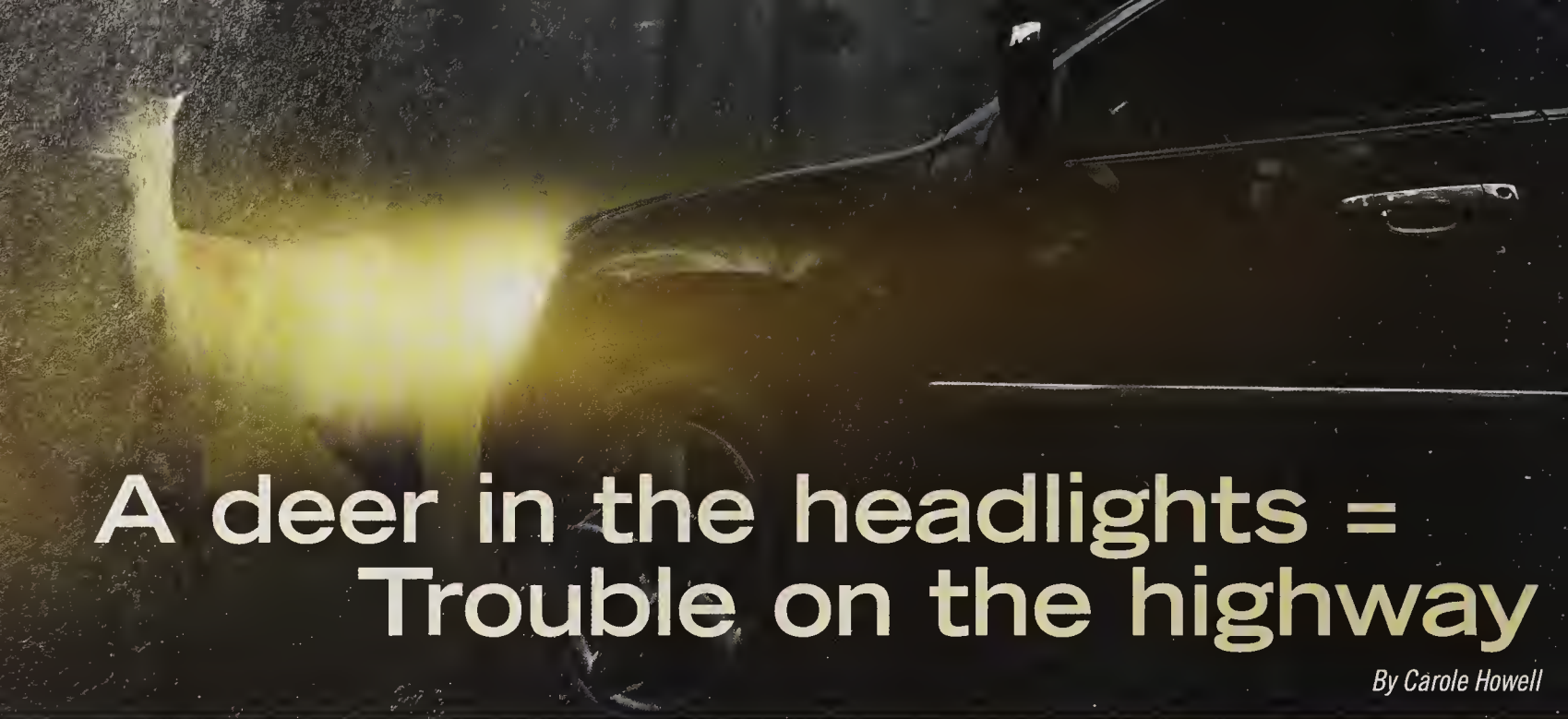
Online: [carolinacountry.com](http://carolinacountry.com)

Mail: Carolina Country Photo Contest  
3400 Sumner Blvd.  
Raleigh, NC 27616



## CAROLINA COUNTRY SCENES photo contest





# A deer in the headlights = Trouble on the highway

By Carole Howell

It was just a flash of movement followed by impact, and the scene wasn't a wooded rural road. The unwelcome surprise bounded out between a bank and a schoolyard. Luckily our experience ended with only a totaled car and some badly jarred nerves. The deer, however, wasn't so fortunate.

Nearly 18,000 animal-related crashes were reported last year in North Carolina, with approximately 90 percent involving deer. From 2012 to 2014, that resulted in more than 3,300 human injuries, 11 fatal, and nearly \$145 million in property damage. Depending on your coverage, your auto insurance may not pay for the damages.

In suburban Wake County, there were more than 2,900 animal versus vehicle collisions in the same period—by far the highest of any other county—followed by Guilford, Pitt and Duplin counties.

Western counties like Jackson, Graham and Swain, where there are considerably fewer drivers, reported the fewest number of collisions. As our state continues to develop and deer habitat is reduced, we can only expect encounters to increase.

## Report the collision

To report an injured deer or bear or for a permit to keep a deer carcass, call N.C. Wildlife Resources toll-free 24 hours a day at 800-662-7137. If a deer is accidentally killed in a collision, the investigating officer can authorize possession and transportation of the carcass.

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Even though you may be tempted to help an injured animal, you shouldn't.

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## Eye spy

"While a crash involving a deer can happen any time of year, the majority of collisions occur from October through December during mating season," said Lt. Jeff Gordon of the North Carolina State Highway Patrol. "Incidents are most common during 5 to 7 a.m. and 6 to 9 p.m. when deer are active and limited lighting makes it difficult for motorists to see deer on or near roadways."

Gordon says the best way to avoid a deer collision is to remain focused and alert, scanning the road from side to side. Increase the distance between your vehicle and other cars. If the car ahead of you hits a deer, you may also be involved in the crash. Always make sure that everyone in the car is securely buckled in.

Slow down in posted deer crossings and heavily wooded areas. Statistics indicate that most deer-vehicle crashes occur near bridges or overpasses, railroad tracks, streams and ditches, where deer can find easy crossing.

Gordon recommends using your high beams when possible. If you spot a deer, immediately reduce your speed, even if it's a considerable distance from the road. Blow your horn with

one long blast to scare the deer away. A deer can clear 15 feet in a single leap, and they often travel in groups, so don't assume the road is clear if one deer has already passed.

While you may be caught off guard, resist your impulse to swerve to avoid impact. It could cause your vehicle to run off the road, flip or veer into oncoming traffic.

## Oh, deer!

If you strike a deer, pull onto the shoulder, turn on your hazard lights, and call 911. Remain in the vehicle until help arrives, says Gordon. If your car is inoperable, turn on your flashers and exit the car, standing on the shoulder well off the side of the road. If you carry road flares, reflective triangles or flashlights, use them to alert oncoming drivers, but don't do anything to place yourself in harm's way.

"Even though you may be tempted to help an injured animal, you shouldn't," advises Geoff Cantrell of the N.C. Wildlife Resources Commission. "A frightened animal that's only injured could panic and become aggressive or otherwise hurt you."

North Carolina respects and appreciates its wildlife, but not when it threatens life and property. Because deer rarely look both ways before crossing the street, stay alert to stay alive. 🦌

*Carole Howell is an independent writer in Lincoln County. Read more about her at [walkerbranchwrites.com](http://walkerbranchwrites.com).*





## EVERY MEMBER HAS A VOICE. MAKE SURE YOURS IS HEARD.

Here's something worth shouting about. As an electric co-op member, you have a say in how the co-op is run and the decisions that are made. Isn't that nice to hear? Learn more about the power of your co-op membership at [TogetherWeSave.com](http://TogetherWeSave.com).

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# Remember...



## The Breakfast Ladies

I remember Virgil and the delight and splendor of her life. She founded The Breakfast Ladies Club of Sampson and Duplin counties. Each month she invited two ladies to join her, with the meetings occurring on the birthday of each member. These breakfasts could take place in the homes of the members or in some preferred eating place. Many were and are being held at Glenna's restaurant, a popular eating place at Delway on Highway 421.

Virgil's month for breakfast was December, and she always hosted the Christmas party, when we exchanged gifts. This past Christmas we had a wonderful party and began this year with grace and hope. But in January we lost Virgil, who passed on to the Great Beyond. Now we must go on without her. We will always remember her zest for living, her beautiful vision and focus on helping others to live a joyous life.

*Lattice McKoy, Rose Hill, Four County EMC*

SEND US YOUR *Memories*

We'll pay \$50 for those we publish in the magazine.

### Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. Only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative. Also, your phone number or e-mail address in case of questions.
7. Online: [carolinacountry.com/contact](http://carolinacountry.com/contact)  
E-mail ("Memories" in subject line.): [iremember@carolinacountry.com](mailto:iremember@carolinacountry.com)  
Or by U.S. mail: I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

## Famous visitors

On rare occasions over the years, I have had a chance to meet someone we would consider "famous." When I was growing up in West Asheville, we even had "famous" people come to our house, not once but twice.

The first time was when I was about 8 or 9. My father was a veterinarian who worked for the U.S. Department of Agriculture. One evening, an older lady came by our house to get some papers signed. Something about selling some goats.

As soon as she came in, my father walked her to the bookcase and said, "See, we have your husband's books." I was confused. Why did we have his books? Had he given them to us? Knowing I should be seen and not heard, I didn't ask. I gave the matter little thought for several years.

It was only as a college student, appearing in a production of "The World of Carl Sandburg," that I realized that had been Mrs. Sandburg at our house. The books were Carl Sandburg's four-volume "Abraham Lincoln: The War Years."

Other celebrity guests visited during the summer after my first year in college. The Chuck Wagon Gang was in town for a concert. My brother, Benjamin, was active in their fan club. The group was to have dinner at the home of the club's president, a friend who lived nearby. Benjamin and I were invited to the dinner, and he arranged for the two of us to drive the Gang from their hotel to our friend's home—by way of a brief stop at our house to say hello to our parents. They also graciously posed for photos with us.

*John Becton, Chapel Hill, Piedmont EMC*



The Chuck Wagon Gang when they visited our house. Ronnie Page (dark glasses) and Jim Carter are in front. Anna Carter Gordon stands behind Jim, and her husband, Howard Gordon, is behind her. The other member of the group, Louis Clark, would get to town later. My brother took this photo with me in it (wearing a vest). I took one with him in it. My mother is beside me, my father behind her.



# North Carolina braces for avian flu

If there's an outbreak, it won't affect eggs and meat, but flocks and farmers could suffer.

If you raise poultry, even in your backyard, you are advised by the North Carolina state veterinarian to protect your birds from an avian influenza outbreak this fall. Dr. Doug Meckes has warned of a possible introduction of the flu when migratory wild birds who may carry the virus pass through the state from the autumn months until mid-January.

Humans rarely are affected by the avian flu, and no person has had the disease in the U.S., but poultry breeders can lose many birds.

Poultry products such as eggs and meat are no threat to human health during an outbreak of avian flu, says the N.C. Department of Agriculture and Consumer Services, but egg production itself will likely decline because of it.

As a precautionary move, North Carolina barred showing chickens and turkeys during September's Mountain State Fair and will not allow shows at the N.C. State Fair, county fairs and farm tours statewide. The disease also can affect pheasants, quail, ducks, geese and guinea fowl.

## Protection

Also the Agriculture Department has required all poultry owners, no matter how small a flock they have, to register their flocks. While some owners have complained, Meckes said, "We can't protect birds that we don't know exist. We need to know where poultry are located so we can properly protect commercial and backyard flocks."

Registration is free and voluntary. The program is not a state mandate to license flocks, the state will not use the information to perform inspections, and all information is required by law to remain confidential.

"This disease has affected both commercial and backyard flocks and has been devastating for those bird owners," Meckes said, noting that poultry is an \$18 billion industry here. "Flocks affected by this disease show few signs of illness until they are within 24 hours of death, and no treatment can save them. I have asked for the registration of all flocks so that we may work together to preserve those birds by preventing exposure to infection."

In addition to migratory birds,

## HIGHLY PATHOGENIC AVIAN INFLUENZA IS IN THE US!

All live bird sales and shows in North Carolina will be canceled from Aug. 15, 2015 to Jan. 15, 2016



### KNOW THE WARNING SIGNS:

- ▶ Lack of energy and appetite
- ▶ Decreased egg production or soft/misshapen eggs
- ▶ Swelling of the head, eyelids and comb
- ▶ Purple discoloration of the wattles, combs and legs
- ▶ Stumbling, falling down, diarrhea
- ▶ Sudden death

### HERE ARE SOME STEPS FOR PREVENTING THE SPREAD OF BIRD FLU AMONG BACKYARD CHICKENS:

- ▶ Keep chickens and turkeys away from ducks and other waterfowl.
- ▶ Install solid fencing so chickens cannot come into direct contact with neighbor chickens and birds.
- ▶ If you have a backyard pond where migrating birds may stop, don't allow your chickens near the water. Keep your feed protected as well.
- ▶ Buy birds from a reputable source and keep new birds separate from the rest of your flock for at least 30 days.
- ▶ Do not share feeding buckets or other equipment and supplies with other bird owners.
- ▶ Wash hands thoroughly before and after working with birds. Wear clean clothes and disinfect cages, tools and other equipment that come in contact with birds and their droppings.

**THIS SPECIFIC STRAIN OF FLU CURRENTLY IN THE US HAS NOT BEEN KNOWN TO AFFECT HUMANS. AFFECTED BIRDS DO NOT ENTER THE FOOD CHAIN, SO POULTRY PRODUCTS ARE SAFE TO EAT.**

**For help or if your birds are sick, please call the NCDA&CS Veterinary Division at 919-733-7601 or USDA toll-free hotline at 1-866-536-7593  
[www.ncagr.gov/avianflu](http://www.ncagr.gov/avianflu)**

Meckes pointed out that the flu can be spread by vehicles, poultry houses and by wind. Poultry could come in contact with feces at ponds, on free-range pastures and even through vehicles that come and go at farms.

## Biosecurity

Maintain your flock's "biosecurity":

- Eliminate opportunities for your birds to interact with wild birds.
- Protect your poultry and birds from all types of disease agents: viruses, bacteria, fungi or parasites.
- If you have birds at home, do not visit another farm, home or facility that also has birds. If you must visit another premises, be

sure to shower and put on clean clothes and shoes beforehand.

- Know the signs to look for and monitor the health of your birds on a regular basis. Some signs to look for include nasal discharge, unusually quiet birds, decreased food and water consumption, drop in egg production, and increased or unusual death loss in your flock.
- Report sick and dead birds to state health officials. Contact your local Cooperative Extension office or the State Veterinarian at 919-733-7601. 📞

See a video about keeping your flock healthy at [carolinacountry.com](http://carolinacountry.com).



## WHERE IN CAROLINA COUNTRY IS THIS? →



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Oct. 7 with your name, address and the name of your electric cooperative.

**Online:** carolinacountry.com

**By e-mail:** where@carolinacountry.com

**Or by mail:** Where in Carolina Country?  
P.O. Box 27306  
Raleigh, NC 27611

*Multiple entries from the same person will be disqualified.*

The winner, chosen at random and announced in our November issue, will receive \$25. To see the answer before you get your November magazine, go to "Where Is This?" on our website carolinacountry.com.

### September winner

Nearly four dozen of you recognized the scene of Karen Olson House's picture in the September magazine. It is a sculpture outside the Chief W.R Richardson Tribal Government Complex on Hwy. 561 in Halifax County between Hollister and Essex. Named after the late tribal chief, it is a multi-purpose building for the Haliwa-Saponi community. Dalton Lynch and Yashica Lynch told us that the celebrated woodcarver Henry "Snake" Lynch made the piece. The winning entry chosen at random from all correct submissions came from Roscoe J. Richardson of Hollister, a member of Halifax EMC.

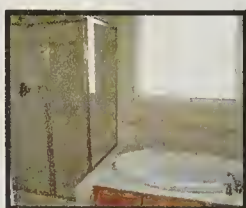
### September



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\*All information is deemed reliable but is not guaranteed and is subject to change without notice.




# Adventures in the sky

*New aerial parks in North Carolina teach and excite participants*

At least two new aerial parks have recently risen on North Carolina's adventure landscape to challenge children and adults.

**High Gravity Adventures**, next to Tweetsie Railroad in Blowing Rock, is an aerial adventure park specializing in unusual outdoor recreation activities for ages 5 and up. Guests can experience 75 different elements, such as tight-rope walks, a maze of cargo nets, spiders' webs and ziplines, requiring various levels of stamina at heights from 15 to 50 feet. Young children and those who prefer staying closer to the ground can enjoy the specially designed kids' course, with lower, easier-to-navigate challenges. 828-386-6222 or [highgravityadventures.com](http://highgravityadventures.com)

**Skywild treetop adventure park** above the Greensboro Science Center Zoo offers 60 challenges, including ziplines, bridges and nets, that range from 15 to 50 feet above the ground. Adventurers can choose from seven courses, from beginner to advanced, with most features designed so participants can experience a variety of animal behaviors to better understand the diversity of life. They can leap like a frog or hop from nest to nest like a bird while enjoying an exciting workout. 336-288-3769, ext. 1402, or [skywild.org](http://skywild.org). 



*Skywild. See the video at [carolinacountry.com](http://carolinacountry.com)*



*High Gravity*

**The Gorge**  
Saluda  
828-749-2500  
[thegorgezipline.com](http://thegorgezipline.com)

**ZipQuest Waterfall and Treetop Adventure**  
Fayetteville  
919-488-8787  
[zipquest.com](http://zipquest.com)

**Navitat Canopy Adventures**  
Barnardsville  
919-626-3700  
[navitat.com](http://navitat.com)

**Nantahala Outdoor Center Zipline and Adventure Park**  
Bryson City  
828-785-4837  
[noc.com](http://noc.com)

**Nantahala Gorge Canopy Tours**  
Bryson City  
866-699-2402  
[adventureamericaziplineadventures.com](http://adventureamericaziplineadventures.com)

**Asheville Zipline Canopy Adventures**  
Asheville  
866-699-2402  
[adventureamericaziplineadventures.com](http://adventureamericaziplineadventures.com)

**U.S. National Whitewater Center**  
Charlotte  
704-391-3900  
[usnwc.org](http://usnwc.org)

**Sky Valley Zip Tours**  
Blowing Rock  
855-475-9947  
[skyvalleyziptours.com](http://skyvalleyziptours.com)

**Screaming Ziplines**  
Zionville  
828-898-5404  
[screamingziplines.com](http://screamingziplines.com)

**Hawksnest**  
Seven Devils  
(800) 822-4295  
[hawksnestzipline.com](http://hawksnestzipline.com)

## More sites

The nation's first zipline canopy tour opened in 1998 at Earthshine Mountain Lodge (now called Earthshine Discovery Center) in Lake Toxaway. Today, the numbers of aerial parks and ziplines in North Carolina keeps climbing. They include:

**RidgeRunner Ziplines**  
Andrews  
828-421-8119  
[ridgerunnerziplines.com](http://ridgerunnerziplines.com)

**Big Woods Zip Line and Canopy Tour**  
Boonville  
704-706-9165  
[bigwoodszipline.com](http://bigwoodszipline.com)

**Carolina Ziplines Canopy Tours**  
Westfield  
336-972-7656  
[carolinaziplines.com](http://carolinaziplines.com)

**Richland Creek Zipline and Canopy Tour**  
Asheboro  
336-629-9440  
[richlandcreekzipline.com](http://richlandcreekzipline.com)

**Earthshine Discovery Center**  
Lake Toxaway  
828-862-4207  
[earthshinediscovery.com](http://earthshinediscovery.com)

**The Beanstalk Journey at Catawba Meadows**  
Morganton  
800-979-3370  
[thebeanstalkjourney.com](http://thebeanstalkjourney.com)

**Kersey Valley**  
Archdale  
336-802-1962  
[kerseyvalleyzipline.com](http://kerseyvalleyzipline.com)

**Boulderline Adventure Program**  
Lake Lure  
828-625-4913  
[boulderlinezip.com](http://boulderlinezip.com)

**Canopy Ridge Farm Zip Line Tours**  
Lake Lure  
828-625-4500  
[canopyridgefarm.com](http://canopyridgefarm.com)

**Xtreeme Challenge**  
Weddington  
704-236-6729  
[xtreemechallenge.com](http://xtreemechallenge.com)

**Shallotte River Swamp Park**  
Ocean Isle Beach  
910-687-6100  
[shallotteriverswamppark.com](http://shallotteriverswamppark.com)

**Ghost Town in the Sky Zipline**  
Maggie Valley  
[ghosttowninthesky.com](http://ghosttowninthesky.com)  
(No phone listed at press time. Opening delayed until 2016. See website for updates.)

Source: VisitNC.com



*ZipQuest*





# The taste of autumn

*A couple of tasty apple dishes to share with friends and family*

The crisp air and festive colors of autumn have arrived and it's a great time to get out and enjoy the

best the season has to offer. From navigating one of North Carolina's many corn mazes to diving into piles of crunchy leaves, there are plenty of fun activities to build up a healthy appetite. At the end of a day, try serving your family dishes that feature the warmth and comfort of fall flavors.

**F**ew ingredients say fall like apples, and especially, apple butter. A long, slow simmering of apples in kettles and pots with sugar and spices make your house smell good and the tasty apple butter that results can enhance your recipes from breakfast to dinner. Or you can easily purchase prepared apple butter.

## Buying local

In North Carolina, the four major varieties of apples produced are Red Delicious, Golden Delicious, Rome and Stayman. In addition, there are more than 40 other varieties grown on a limited basis, according to the N.C. Department of Agriculture and Consumer Services. These include new cosmopolitan varieties such as Empire, Fuji, Gala, Ginger Gold, Jonagold and Mutzu. And antique varieties such as Arkansas Black, Grimes, Limber Twig, Virginia Beauty and Wolf River are still available at roadside stands in the state.

Golden Delicious and Fuji are among good apples to use to make apple butter

To find locally made apple butter and apples, visit [ncfarmfresh.com/farms.asp](http://ncfarmfresh.com/farms.asp) and search by county or by region.

Here is an entrée to try. For more fall recipes, or to download a free e-recipe book, visit [musselmans.com](http://musselmans.com).

## Apple Butter Roast Chicken

*Recipe courtesy of Heather at SugarDishMe.com.*

- ½ cup apple butter
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon crushed red pepper flakes
- 1 whole chicken (3–5 pounds)
- 4 sprigs fresh thyme
- 3 cloves garlic, peeled
- 1–2 teaspoons kosher salt

Heat oven to 375 degrees F. Line roasting pan with foil for easy clean-up.

In small bowl mix together apple butter, chili powder, cumin, paprika and red pepper. (Adjust spice level to personal preference.)

Gently pull skin away from flesh of bird. Scoop a little apple butter mixture in your hand and push it between skin and flesh. Lay skin back down and gently rub so apple butter mixture is coating as much of meat under skin as possible. Repeat with legs, thighs and breasts, trying not to tear skin. Place chicken breast-side down in prepared pan. Stuff one thyme sprig under each wing and remaining thyme and garlic cloves inside bird. Sprinkle outer skin with kosher salt.

Bake 20 minutes per pound. Tent with foil after 40 minutes to prevent skin from getting too dark. Let chicken cool/rest for about 5–10 minutes before slicing and serving.



## Spiced Apple Cake With Orange Glaze

- 2 cups flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- ½ teaspoon ground cloves
- ¾ cup sugar
- ½ cup softened butter
- 2 eggs
- ½ cup buttermilk
- 1 cup apple butter
- 1 cup powdered sugar
- 2 tablespoons orange juice
- 1 teaspoon orange peel

Heat oven to 350 degrees F.

In medium bowl, sift together flour, baking soda, salt, nutmeg, cinnamon and cloves. In large bowl, cream sugar and softened butter, then add eggs and beat thoroughly. Add dry ingredients alternately with buttermilk. Stir in apple butter. Pour into a greased 9-by-5-by-3-inch loaf pan. Bake 55–65 minutes or until cake tests done. Cool 10 minutes before removing from pan.

Make orange glaze by combining powdered sugar, orange juice and orange peel. Spoon glaze over warm cake. 🍷

—FamilyFeatures.com



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# Weekend warrior painting

## 5 easy projects to tackle

Homeowners are often advised to keep the home neutral and avoid decorating with anything too bold or personal. But to make a house your home, the decor should reflect your personality and style. A solution: don't make permanent commitments. Paint is an easy, cost-effective way to infuse color and patterns that transform the aesthetic of a room or furniture.

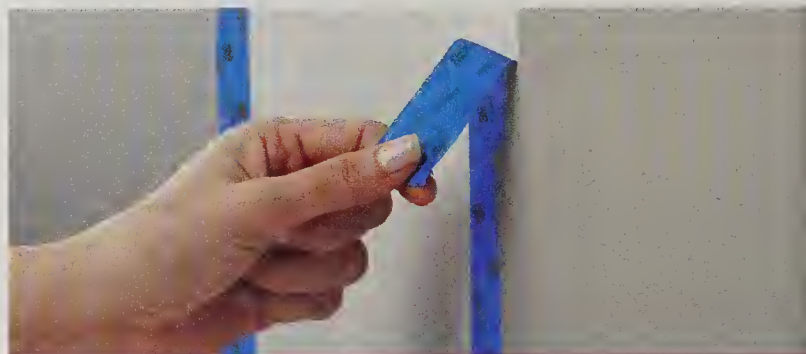
**R**egardless of whether you're a masterful painter or do-it-yourselfer, paint projects don't have to be time-intensive or overwhelming. A little paint and creativity can go a long way toward refreshing your space.

"The key to achieving professional-looking results is using the right tools," said interior decorator Martin Amado. He uses high-quality paint brushes and painter's tape with advanced edge-lock line protectors. Here are some project suggestions from Amado.

- **Color block your furniture.** Take the dining room from drab to fab by painting the bottom halves of table legs and chairs in a bold, solid color. You can change the look each season if you wish.
- **Enhance tired armoires.** Play dress up with your armoire, and give its doors a makeover. Paint a colorful border around the front of the door and adhere adhesive hooks in the middle for a stylish, functional, new piece.
- **Create a lavish "headboard" for less.** Save money by painting a frame on the wall just above your bed. Rectangular shapes work best for most beds and you can try patterns such as stripes, chevron and diamonds.
- **Install faux panel moulding.** No moulding? No problem! Buy inexpensive frames and paint them the same color as your baseboard trim. Adhere the frames to the wall (without the backing and glass) for a simple, dramatic, look. Or, instead of purchasing frames, paint basic shapes directly on the wall. Mount artwork or photos onto the painted backdrops.
- **Make a wall statement.** Pick your favorite pattern trends and bring them to life on one wall of the living room or bedroom. If you're not ready to take on patterns, bold and bright colors will do the trick.

For more tips to transform your rooms with paint, visit [3MDIY.com](http://3MDIY.com).

—FamilyFeatures.com




Use a high-quality painter's tape for professional results.



Pick your favorite pattern trends and bring them to life on one wall of the living room or bedroom.





## Online charter schools

This school year, some Durham students are attending online charter schools for the first time. North Carolina Connections Academy and North Carolina Virtual Academy both opened as part of a pilot program to help determine whether or not virtual charters can succeed in the state. The students meet with their instructors through live online sessions.

In 2014, a provision was signed into law that required North Carolina to authorize two charter schools to serve K–12 students online by fall of 2015. Online charters are not without controversy. The pros include the idea that online is an option for non-traditional students and cons include concern about whether or not corporations will provide quality education products. For more about North Carolina Virtual Academy, visit [ncva.k12.com](http://ncva.k12.com); for North Carolina Connections Academy, visit [connectionsacademy.com](http://connectionsacademy.com).



## It's Revolutionary!

North Carolina's colonial and Revolutionary War history is colorful and deep, with many fascinating stories to tell. In addition to relating events across the state, the N.C. Department of Cultural Resources is showcasing these sites: Alamance Battleground in Burlington, Brunswick Town/Fort Anderson in Winnabow, Fort Dobbs in Statesville, House in the Horseshoe in Sanford, Tryon Palace in New Bern, Historic Edenton and Historic Halifax. For more information, visit [ncdcr.gov](http://ncdcr.gov) (put "Revolutionary" in the search field), or call 919-807-7300.

## tar heel lessons

a guide to NC for teachers and students



## Year of the Amphibian

North Carolina's state parks have been celebrating 2015 as the Year of the Amphibian, and there's still time to catch related events.



For example, on Sunday, October 4, ranger Kevin Bischof is taking folks on a trail to discover amphibians in Lake James State Park. The park in Nebo, McDowell County, has more than 150 miles of shoreline and scenic vistas of the Appalachian Mountain range.

By the way, educational materials about the park, including free teachers booklets, have been developed for grades 2–4 and are correlated to North Carolina's competency-based curriculum in science, social studies, math and English/language arts. Its program Aquatic Critters introduces students to the lakeshore environment, focusing on animals and plants that live there. To arrange a group visit, call the park's office. 828-584-7728 or [ncparks.gov](http://ncparks.gov)

To find amphibian events at other parks near you, [ncparks.gov/Education](http://ncparks.gov/Education)

## 'Bicycles of the Past'

Through Saturday, October 31, you can enjoy the Robeson County History Museum's exhibit on bicycles, circa 1040s–1970s. It features adult bicycles, both male and female, plus children's bicycles, tricycles and scooters from years ago. "Bicycles of the Past" is related to Cycle NC, and is in honor of the 1,000-some cyclists set to spend the night in Lumberton on October 1 on their annual trip from the mountains to the sea.

The museum is open on Tuesdays and Thursdays 10 a.m.–noon and on Sunday afternoons 2–4 p.m. It also opens for groups by special appointment. 910-738-7979 or [robesoncountyhistorymuseum.com](http://robesoncountyhistorymuseum.com)





# Fall for the blues



Blue is a special hue in the garden because, in comparison to other colors, it is a less common sight among blooming plants. And now is a great time to get the blues in the form of spring-flowering bulbs that show off in shades of blue and can be planted during the pleasant days of fall. These bulbs aren't the typical tulips and daffodils that are being dug in now by the cartloads, but rather they are lesser known beauties that can have a pleasing impact on your garden's beauty next spring.

For example, many anemones can be planted now that, next spring, will coat flower beds in a sea of blue. Anemone blanda 'Blue Shades' is an aptly named cultivar that can thrive in Carolina gardens if given a well-draining planting site in full or partial sun. Another anemone, A. coronaria 'De Caen Blue', will stop visitors in their tracks with masses of pretty blue flowers in the early spring. Similar blue hues can also be had with the semi-double 'Lord Lieutenant' and an old standard, 'Mr. Fokker'.

If you want to experience the blues a little earlier in the year, try selections

of Iris reticulata, dwarf irises that can send late winter out in a blue blaze. True to its name, the popular cultivar 'Harmony' has mid-blue blossoms that complement rather than compete with other plants in most garden settings. Although a bit harder to find, 'Joyce', 'Rhapsody' and 'Lady Beatrix Stanley' are three addition selections that can turn heads in the new growing season with their cheerful blue blooms.


One bulb that can bring belated blues into the garden is Camassia leichtlinii. Try the cultivars 'Caerulea' or 'Blue Danube', both handsome plants with iris-like foliage that supports star-shaped blooms on 24- to 36-inch stalks in late April to mid-May. For lovers of native plants, Camassia quamash can put on a similar show, but its blue is blended slightly with a pleasing purple.

## Garden to do's

### October

- ☐ Using real pumpkins for fall decorations? They will last longer if they still have a few inches of stem attached. Keeping the rind intact will also help, meaning a carved pumpkin will have a shorter show-off life.
- ☐ Before herbaceous perennials are nipped to the ground by cold weather, set markers beside them so they won't accidentally be disturbed or dug up in spring.
- ☐ Check the wires on supports and identification tags of spring-planted woody ornamentals to make sure they have not started to cut into limbs or trunks.
- ☐ Any shrubs or small trees that are scheduled to be relocated next year in the late winter should be root pruned now to make the future move easier on both the plant and the planter.
- ☐ Don't be too quick to cut down and discard ornamental grass plumes, as they can not only add their special beauty to the winter garden, but they can also accent indoor arrangements.

### November

- ☐ Be vigilant to keep newly seeded cool-season lawns clear of falling leaves. Remember that a solid covering of leaves will easily mat down (especially when wet) and be detrimental to even established lawns. It is best to rake the yard several times in the autumn, not just once after the last leaf has fallen.
- ☐ Have a strange spring-flowering bulb but don't know which end to plant up? Plant it sideways.
- ☐ Rake spent foliage, fallen blooms and summer mulch out of the rose bed, and replace with a fresh, 2- to 3-inch-thick winter mulch.
- ☐ Any gasoline left in motorized summer garden helpers such as lawn mowers and weed eaters, should be used up or drained. Gas left in storage over an extended time can lose its fizz and gunk up carburetors.
- ☐ Vases, statuary, fences, benches, walls and water fountains are accents that can help keep the garden interesting even in winter. 

*L.A. Jackson is the former editor of Carolina Gardener magazine.*

### Tip of the Month

Whether you are looking for blue-blooming bulbs or other special spring-flowering bulbs, try hunting for them first at local garden centers, which should be brimming with various selections at this time of year. If you find more than enough pretties to fill your garden with fabulous blossoms early in the new growing season, good; if not, consider expanding your search this fall to these excellent online plant shops from regional nurseries:

- Brent and Becky's Bulbs, Gloucester, Va.: [brentandbeckysbulbs.com](http://brentandbeckysbulbs.com)
- Terra Ceia Farms, Pantego, N.C.: [terraceiafarms.com](http://terraceiafarms.com)
- Wayside Gardens, Hodges, S.C.: [waysidegardens.com](http://waysidegardens.com)



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# WORDS for WORD

Can you insert one, two or three letters between the words below to spell one word?

Example: OR\_\_OR Answer: ORATOR

M E \_ \_ A N

M E \_ O N

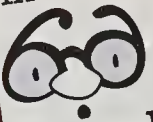
M E \_ \_ \_ O N

M E \_ \_ A T E

M E \_ \_ O R

**ADVISE  
to the  
WISE**

Here is a bit of  
unasked for advice:  
**Don't give it.**

And then  
  
I read

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## CAROLINA LIVING

Each of the nine different letters in CAROLINA LIVING has been given a different value from 1 through 9. Given the total value of the letters in the words below, can you find the value of each letter?

E=0

OVAL=18

ONE=9

ORANGE=23

NINE=10

GRAVEL=25

GAIN=13

CARVE=25

LOVE=17

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law in Salisbury in the 1780s.

Use the capital letters in the code key below to fill in the blanks above.

A C D E J K N O R S W means  
u n s c r a m b l e d

## PERCY P. CASSIDY POLES APART



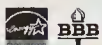
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A B C H L M N O U means  
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# October Events

Beth Kohutak



The largest festival in eastern North Carolina, the N.C. Seafood Festival is set for Friday through Sunday, Oct. 2–4, on the Morehead City waterfront. It includes tasty fare, big-time and local entertainment, sailing, fishing contests, a Sunday Blessing of the Fleet, vendors, rides, fireworks and the Southern Outer Banks Boat Show. Carteret-Craven Electric is a sponsor. 252-726-6273 or [ncseafoodfestival.org](http://ncseafoodfestival.org)

## Mountains

### Gaston Gem & Mineral Show

Oct. 2–4, Dallas  
704-915-8366  
[gastongemclub.weebly.com](http://gastongemclub.weebly.com)

### Art In The Park

Oct. 3, Blowing Rock  
828-295-7851  
[blowingrock.com](http://blowingrock.com)

### Taste Of Sylva

Oct. 3, Sylva  
828-586-2719  
[mainstreetsylva.org](http://mainstreetsylva.org)

### Colorfest

Oct. 3, Dillsboro  
828-506-8331  
[visittillsboro.org](http://visittillsboro.org)

### Fall Festival!

John C. Campbell Folk School  
Oct. 3–4, Brasstown  
828-837-2775  
[folkschool.org](http://folkschool.org)

### Jean Ritchie's Love Of Appalachian Music

Oct. 8, Blowing Rock  
828-295-9099  
[blowingrockmuseum.org](http://blowingrockmuseum.org)

### High Country Quilters Quilt Show

Oct. 8–10, Maggie Valley  
828-246-0557

### Leaf Festival

Oct. 9, Cashiers  
828-743-8428  
[visitchashiersvalley.com](http://visitchashiersvalley.com)

### Swan Creek Harvest Celebration

Oct. 10–11, Ronda  
336-526-1078  
[raffaldini.com](http://raffaldini.com)

### Mountain Glory Festival

Artists, food & crafts  
Oct. 10, Marion  
828-652-2215  
[visitnc.com](http://visitnc.com)

### Fall Leaves Art & Craft Shows

Oct. 10–11 & 17–18, near Lake Junaluska  
828-648-0500  
[bracaorg.com](http://bracaorg.com)

### Terror In The Hills

Appalachia in horror films, shows  
Oct. 13, Blowing Rock  
828-295-9099  
[blowingrockmuseum.org](http://blowingrockmuseum.org)

### Quilts Of The Valley

Oct. 16–17, Hickory  
828-228-6738  
[catawbavalleyquiltersguild.com](http://catawbavalleyquiltersguild.com)

### Carolina BalloonFest

Oct. 16–18, Statesville  
[carolinaballoonfest.com](http://carolinaballoonfest.com)

### Studio Tour

Oct. 16–18, Sparta  
336-372-5473  
[ncmountainartsadventure.com](http://ncmountainartsadventure.com)

### Wood Carving Show Competition

Oct. 17, Hickory  
704-300-9465  
[woodworkingshop.com/hickory](http://woodworkingshop.com/hickory)

### Hillbilly Comedy & Variety Show

Oct. 17, Sparta  
336-372-7284

### Oktoberfest House Party

Oct. 17, Cashiers  
800-334-2551  
[highhamptoninn.com](http://highhamptoninn.com)

### Apple Festival

Oct. 17, Taylorsville  
828-632-2999  
[alexandercountyonline.com](http://alexandercountyonline.com)

### Country Fair

Oct. 17, Valle Crucis  
828-963-4609  
[vallecountryfair.org](http://vallecountryfair.org)

### Autumn Leaf Festival

Oct. 17, Jefferson  
336-846-1904  
[ashehistory.org](http://ashehistory.org)

### Artists Day

Oct. 18, Ronda  
336-526-1078  
[raffaldini.com](http://raffaldini.com)

### The Picture Man Exhibit

Oct. 20, Blowing Rock  
828-295-9099  
[blowingrockmuseum.org](http://blowingrockmuseum.org)





**Hoedowns, Reels & Frolics**

Oct. 22, Blowing Rock  
828-295-9099  
blowingrockmuseum.org

**Pumpkin Patch**

Oct. 30, Cullowhee  
828-293-3053  
jacksonnc.org

**Trick Or Treat**

Oct. 31, Dillsboro  
828-506-8331  
visitdillsboro.org

**ONGOING****Art Walk**

First Friday through Oct. 2, Murphy  
828-644-0043  
valleyriverarts.com

**Carson House Guided Tours**

Wednesday–Saturdays through Nov.  
Marion  
828-724-4948  
historiccarsonhouse.com

**Bluegrass Music Jam**

Thursdays through Oct. 29, Marion  
828-652-2215  
mcdowellnc.org

**Mountains To Coast Ride**

Cyclists bike to Oak Island  
Through Oct. 3, Waynesville  
828-452-0152  
visitncsmokies.com

**Hickory Ridge Museum**

Through Oct. 11, Boone  
828-264-2120  
hickoryridgemuseum.com

**Docent Tours**

Through Oct. 17, Blowing Rock  
828-295-9099  
blowingrockmuseum.org

**Appalachian Photography**

Through October 31, Sparta  
336-372-1525  
lookingatappalachia.org

**Fine Art & Craft Workshops**

Through Nov. 6, West Jefferson  
336-846-3827  
florenceartschool.org

**Friday Night Jam Session**

Through Nov. 20, Lake Toxaway  
828-966-4060  
toxawaycc.com

**Mountain Gateway Music Jam**

Most Sundays through Dec. 20  
Old Fort  
828-668-4626  
mountaingatewaymuseum.org

**Doodlebug Club**

Art program for preschool ages  
Through Dec. 31, Blowing Rock  
828-295-9099  
blowingrockmuseum.org

**Nature Photography Exhibition**

Oct. 4 through Nov. 13, Valdese  
828-879-2129  
visitvaldese.com

**Black & White & Art All Over**

Oct. 7 through Oct. 31, Blowing Rock  
828-295-9099  
blowingrockmuseum.org

**Piedmont****Music Of America**

Oct. 1, Fayetteville  
910-486-0221  
fayettevillesymphony.org

**Blue Grass Concert**

Oct. 1, Lumberton  
910-739-9999  
lumberton-nc.com

**Percy Jackson: Sea of Monsters**

Movie  
Oct. 2, Roxboro  
336-597-1709  
personcounty.net

**En Vogue Concert**

R&B group  
Oct. 2, Pembroke  
910-521-6361  
uncp.edu

**Wide Open Bluegrass**

Oct. 2–3, Raleigh  
888-438-4262  
wideopenbluegrass.com

**Oldies, Rock & Blues**

Oct. 2, 16 & 30, Hope Mills  
910-426-4109  
townofhopemills.com

**Harvest Show**

Oct. 2–4, Butner  
919-528-1652  
lgaha.com

**All American Dog Show**

Oct. 3, Cornelius  
704-892-6031  
cornelius.org

**Save The Twins**

Breast cancer fundraiser  
Oct. 3, Fayetteville  
910-224-8646

**History Rocks**

Fire department fundraiser  
Oct. 3, High Point  
336-885-1859  
highpointmuseum.org

**Living History Day**

Oct. 3, Belmont  
704-825-4848  
belmontnc-hs.org

**Fall Open House**

Oct. 3, King  
336-983-4107  
mitchellsnursery.com

**Sonker Festival**

Oct. 3, Mount Airy  
336-325-2161  
surrycounty.pastperfect-online.com

**STARworks Pumpkin Patch**

Oct. 3, Star  
910-428-9001  
STARworksncc.org

**Roadside Bars & Pink Guitars**

Miranda Lambert  
Oct. 3, Fayetteville  
910-438-4100  
crowncomplexnc.com

**1846 Mexican American War Muster**

Oct. 3, Pineville  
704-889-7145  
presjkpolk.com

**Pawbrokers Fundraising**

Oct. 3, Gastonia  
704-998-8372  
pawbrokers.org

**Kiln Opening & Turkey Roast**

Oct. 3–4, Seagrove  
910-464-6228  
fromthegroundupshots.com

**We Shall Overcome**

Theatrical production  
Oct. 5, Fayetteville  
910-483-6111  
widuanniversary.com

**Carolinas' Best**

Includes a gospel concert  
Oct. 6, Fayetteville  
910-483-6111  
widuanniversary.com

**Colored Confederates & US Troops**

Movie  
Oct. 8, Raleigh  
910-833-3431  
joellane.org

**Monster Truck Show**

Oct. 9, Lumberton  
910-739-9999  
robesoncountyfair.com

**Menopause The Musical**

Cast of breast cancer survivors  
Oct. 9, Pembroke  
910-521-6361  
uncp.edu

**Operation Ceasefire Movie Night**

Oct. 10, Fayetteville  
910-433-1017  
ceasefire.ci.fayetteville.nc.us

**Festival Of Praise**

Fred Hammond  
Oct. 10, Fayetteville  
910-438-4123  
crowncomplexnc.com

**Old Fashion Day**

Oct. 10, Goldston  
919-718-2317

**5 Mile Yard Sale**

Oct. 10, Carthage  
910-638-9006

**The Talleys In Concert**

Oct. 10, Albemarle  
704-983-4201  
bridgetorecovery.org

**Autumn Leaves Festival**

Oct. 10–12, Mount Airy  
336-786-6116  
autumnleavesfestival.com

**GPAC Golf Tournament**

Oct. 13, Pembroke  
910-521-6634  
uncp.edu

**NEW Carolina Compass Policy (effective Oct. 1, 2015)**

- We list events in the magazine as space allows and may edit as needed. We list more events on [CarolinaCountry.com](http://CarolinaCountry.com) in the Carolina Adventures section.
- All submissions must be made on [CarolinaCountry.com](http://CarolinaCountry.com) in Carolina Adventures/Submit an Event. Deadlines are posted there, too. *(No e-mail or U.S. Mail.)*
- Public venue events only. *(No business events.)*
- Limit 3 events per venue per month in the magazine. More posted online.
- For accuracy, ongoing events must be submitted monthly.
- Public contact required: website, e-mail or phone number.

**Listing Deadlines:**

For Dec.: Oct. 25  
For Jan.: Nov. 25

**Submit Listings Online:**

Visit [carolinacountry.com](http://carolinacountry.com) and click "Carolina Adventures" to add your event to the magazine and/or our website.



*Since its 1974 beginning in Love Valley, N.C., the Carolina BalloonFest has become the second longest-running hot air balloon showcase in the U.S. From Friday, Oct. 16, through Sunday, Oct. 18, more than 10,000 people will attend. It includes music, tether rides, arts & crafts, a kid zone and festival foods. Free shuttle service for advance ticket holders. No pets, coolers, food, drones, pop-up canopies or weapons permitted. EnergyUnited Propane is among the event's sponsors. For information and to buy tickets: [carolinaballoonfest.com](http://carolinaballoonfest.com)*



#### **Pawbrokers Fundraising Party**

Oct. 14–15, Cornelius  
704-998-8372  
[pawbrokers.org](http://pawbrokers.org)

#### **Cool Heat Jazz Concert**

Oct. 16, Wagram  
910-369-0411  
[cypressbendvineyards.com](http://cypressbendvineyards.com)

#### **Today's Pleasures, Tomorrow's Treasures**

Quilt show  
Oct. 16–17, Sanford  
919-499-0766  
[heartsandhandsnc.org](http://heartsandhandsnc.org)

#### **Ole Mill Days**

Oct. 16–17, Hope Mills  
910-424-4500

#### **Hallowe'en Revels**

Poe House night tours  
Oct. 16–17, Fayetteville  
910-486-1330  
[museumofthecapefear.ncdcr.gov](http://museumofthecapefear.ncdcr.gov)

#### **East Coast Drag Times**

Reunion & show  
Oct. 16–18, Henderson  
866-438-4565  
[kerrlake-nc.com](http://kerrlake-nc.com)

#### **Grape Festival**

Oct. 17, Yadkinville  
336-679-2200  
[yvgf.com](http://yvgf.com)

#### **Beethoven & Blue Jeans**

Oct. 17, Fayetteville  
910-433-4690  
[fayettevillesymphony.org](http://fayettevillesymphony.org)

#### **Hospice Auto Show**

Oct. 17, Burlington  
336-229-0490

#### **Comic Con**

Oct. 17, Fayetteville  
910-316-7251

#### **Chastity Brown**

Banjo-playing soul singer  
Oct. 17, Roxboro  
336-597-1709  
[personcounty.net](http://personcounty.net)

#### **Pinwheel Ball & Auction**

Oct. 17, Fayetteville  
910-486-9700  
[childadvocacycenter.com](http://childadvocacycenter.com)

#### **Carolina Road & Sideline**

Bluegrass  
Oct. 17, Troy  
704-985-6987  
[bluegrassintroy.com](http://bluegrassintroy.com)

#### **Rural Academy Theater**

From Asheville  
Oct. 17, Raleigh  
919-664-6795  
[ncartmuseum.org](http://ncartmuseum.org)

#### **Stumptown Tractor Show**

Oct. 16–18, Charlotte  
704-931-4564  
[stumptowntractor.com](http://stumptowntractor.com)

#### **Art Attack**

Oct. 21 & 28, Fayetteville  
910-321-7625

#### **Jazzy Friday**

Oct. 23, Wagram  
910-369-0411  
[cypressbendvineyards.com](http://cypressbendvineyards.com)

#### **Southern Writers Symposium**

Oct. 23–24, Fayetteville  
910-630-7454  
[methodist.edu/sws](http://methodist.edu/sws)

#### **Ghost Tour**

Oct. 24, Gold Hill  
704-267-9439  
[historicgoldhill.com](http://historicgoldhill.com)

#### **Barbecue Festival**

October 24, Lexington  
336-956-1880  
[barbecuefestival.com](http://barbecuefestival.com)

#### **Ghost Stories In Historical Park**

Oct. 24, High Point  
336-885-1859  
[highpointmuseum.org](http://highpointmuseum.org)

#### **Journey Leadership Speaker**

Bill Cordes  
Oct. 26, Fayetteville  
910-480-8474  
[methodist.edu](http://methodist.edu)

#### **Trunk R' Treat**

Oct. 31, Hope Mills  
910-424-4500  
[townofhopemills.com](http://townofhopemills.com)

#### **ONGOING**

#### **Maness Pottery & Music Barn**

Dinner, music, fellowship  
Tuesday nights, Midway  
910-948-4897  
[facebook.com/clydemaness](http://facebook.com/clydemaness)

#### **Art After Hours**

Second Fridays, Wake Forest  
919-570-0765  
[sunflowerstudiowf.com](http://sunflowerstudiowf.com)

#### **Betty Lynn (Thelma Lou)**

Appearance at Andy Griffith Museum  
Third Fridays, Mount Airy  
336-786-7998  
[andygriffithmuseum.com](http://andygriffithmuseum.com)

#### **Fourth Friday**

Fayetteville  
910-483-5311  
[theartscouncil.org](http://theartscouncil.org)



**Saturday Night Lights**

Equestrian competitions  
Oct. 3, 10, 17 & 24, Mill Spring  
828-863-1000  
tryon.com

**Young Frankenstein Comedy**

Through Oct. 4, Fayetteville  
910-678-7186  
gilberttheater.com

**Photography By Susan Reeves**

Through Oct. 10, Durham  
919-687-0250  
createdbyslr.com

**Man Of La Mancha Musical**

Through Oct. 11, Fayetteville  
910-323-4234  
cfrt.org

**Agricultural Fair**

Through Oct. 12, Lumberton  
910-738-2126  
robesoncountyfair.com

**Diversified Clay: An Invitational**

Through Nov. 14, Fayetteville  
910-425-5379

**In The Mind's Eye**

Through Oct. 25, Hillsborough  
919-732-5001  
hillsboroughgallery.com

**Work by Julie Guyot: Ceramics**

Through Oct. 31, Roxboro  
336-597-1709  
personcounty.net

**Bicycles Of Yesteryear**

Circa 1940s–1970s exhibit  
Through Oct. 31, Lumberton  
910-738-7979  
lumberton-nc.com

**Gallberry Corn Maze**

Through Nov. 8, Hope Mills  
910-309-7582

**Bluegrass Pickin' Shed**

Thursday nights  
Through Nov. 12, Laurel Hill  
910-462-3636

**Birth Of Funk Exhibit**

James Brown, N.C. musicians  
Through Feb. 28, Raleigh  
919-807-7900  
ncmuseumofhistory.org

**Carolina Renaissance Festival**

Oct. 3–Nov. 22, Huntersville  
877-896-5544  
carolina.renfestinfo.com

**Artists Guild Studio Tour Preview**

Oct. 26–Nov. 15, Hillsborough  
919-732-5001  
hillsboroughgallery.com

**Guess Who's Coming to Dinner**

Oct. 29–Nov. 15, Fayetteville  
910-323-4234  
cfrt.org

**Coast****Foosball Championships**

Oct. 2–4, Wilmington  
336-325-3183  
bonziniusa.com

**N.C. Seafood Festival**

Oct. 2–4, Morehead City  
252-726-6273  
ncseafoodfestival.org

**Red Barn Bluegrass Festival**

Oct. 3, Aulander  
252-348-2243

**Community Yard Sales**

Oct. 3, Swan Quarter  
252-926-3771

**Alzheimer's Walk & Education Fair**

Oct. 3, Washington  
252-944-3446  
alznc.org

**History Walk**

Oct. 3, New Bern  
252-638-8558  
newbernhistorical.org

**Sunset At Sunset**

Oct. 3, Sunset Beach  
910-579-4891  
sunsetatsunset.com

**Heritage Day**

Oct. 3, Grantsboro  
252-745-2239  
pamlicoountyhistorymuseum.com

**Business Expo**

Oct. 8, Hertford  
252-426-5657  
visitperquimans.com

**Historic Living History Days**

Oct. 9–10, Murfreesboro  
252-398-5922  
murfreesboronc.org

**Market Day**

Honoring farmers, veterans  
Oct. 10, Faison  
910-267-2721  
faisondepot.com

**Scuppernong River Festival**

Oct. 10, Columbia  
252-796-2781  
visittyrrellcounty.com

**Greenlands Fall Farm Fest**

Oct. 10, Bolivia  
910-253-7934  
greenlandsfarmstore.info

**MUMFest**

Oct. 10–11, New Bern  
252-638-5781  
mumfest.com

**Taste Of Wayne County**

Oct. 10, Goldsboro  
919-735-3591  
tasteofwayne.com

**Fall Days Farm Ways Festival**

Oct. 10, Pantego  
252-943-2200  
pantegoacademy.com

**Wake Forest University A Cappella**

Oct. 16, Rocky Mount  
252-985-5197  
ncwc.edu

**Friday Flicks: Muscle Shoals**

Oct. 16, Oriental  
252-249-0477  
oldtheater.org

**Ol' Front Porch Music Festival**

Oct. 17, Oriental  
252-249-3054

**Old School Sorghum Festival**

Oct. 17, McDaniel Crossroad  
910-564-5069

**Bluffett & Son Of A Sailor Band**

Tribute to singer Jimmy Buffet  
Oct. 23, Rocky Mount  
252-985-5197  
ncwc.edu

**Chili Cook Off**

Oct. 24, Goldsboro  
919-731-3939

**Octagon House Fall Open House**

Oct. 24, Engelhard  
252-926-2261

**Halloween At The Old Bridge**

Oct. 24, Sunset Beach  
910-363-6585  
oldbridgepreservationociety.org

**Historic Haunt**

Oct. 30–31, Murfreesboro  
252-398-5922  
murfreesboronc.org

**ONGOING****Art Walk**

First Friday, Elizabeth City  
252-335-5330  
ecncart.com

**Art Walk**

First Friday, Greenville  
252-561-8400  
uptowngreenville.com

**Freeboot Friday**

Oct. 16, Nov. 6, Greenville  
252-561-8400  
uptowngreenville.com

**Ghosts Walking Tour**

Days vary through Oct. 31, New Bern  
252-571-4766  
ghostsofnewbern.com

**Follow Me To The Corn & Zombie Fright Nights**

Through Oct. 31, Chocowinity  
252-945-6153  
raisedinabarnfarm.com

**Historic District Guided Tours**

Second Saturdays  
Through October, Murfreesboro  
252-398-5922

**Classic Car Cruise In**

First Saturdays through Nov. 7  
Tabor City  
910-653-4141  
taborcitync.org

**Get Lost At Farm Corn Maze**

Through Nov. 7, Newport  
252-241-1184

**Hubb's Farm Fall Festival**

Through Nov. 14, Clinton  
910-564-6709  
hubbscornmaze.com

**Greenlands Petting Farm**

Oct. 3 through Oct. 31, Bolivia  
910-253-7934  
greenlandsfarmstore.info

**Yam Festival**

Oct. 17–25, Tabor City  
843-602-4207  
ncyamfestival.com



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CAROLINA COUNTRY  
**scenes**  
*Photo of the month*



**Pink pom-poms**

This photo was taken one October during Breast Cancer Awareness Month when the Cuthbertson High football cheerleaders wore pink bows and used pink pom-poms to support the cause. The cheerleaders pictured are Mikayla Metcalf, Kayla Mullarkey and Nicole Paille. Notice how the moon contrasts with the bright pink!

*Donna Mullarkey, Waxhaw Union Power Cooperative*

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2015 photo contest ("Carolina Country Scenes," February 2015). See even more at the Photo of the Week on our website [carolinacountry.com](http://carolinacountry.com).



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### SUPER COUPON

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LOT 98025/69096/90899 shown

## \$14.99

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### WOW SUPER COUPON

**CENTRAL PNEUMATIC**

**3 GALLON, 100 PSI OILLESS PANCAKE AIR COMPRESSOR**

LOT 95275 shown  
61615/60637

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**POWDER-FREE NITRILE GLOVES**

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62670/61253/61282 shown

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**drillmaster**

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95578/69645

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**16 OZ. HAMMERS WITH FIBERGLASS HANDLE**

**PITTSBURGH**

**CLAW** LOT 69006  
60715/60714

**RIP** LOT 47873 shown  
69005/61262

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### WOW SUPER COUPON

**STEP STOOL/WORKING PLATFORM**

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66911 shown

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**US\*GENERAL**

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61634/61952

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### SUPER COUPON

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**SAVE \$130**

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# Lead-based paint hazards at home

**Q** I am planning energy efficiency upgrades for my home. I am concerned about the possibility of lead dust impacting my children. How do I know if it is a problem and how do I safely move forward with construction?

**A** Potentially harming our children with the irreversible lifelong health effects of lead poisoning can be terrifying. Thankfully, there are great resources and assistance to ensure our homes are safe, especially for our children.

If your home was built before 1978, there is a possibility it has lead-based paint. Lead paint is present in millions of U.S. homes, sometimes under layers of newer paint. If the paint is in good shape, the lead paint is usually not a problem. Deteriorating lead-based paint (peeling, chipping, chalking, cracking or damaged) is a hazard and needs immediate attention. Lead from paint, including lead-contaminated dust, is one of the most common causes of lead poisoning.

As you are likely aware, exposure to lead can seriously harm a child's health and can result in behavior and learning problems, lower IQ, hyperactivity, slowed growth, hearing problems and anemia. Lead is also harmful to adults and especially for a developing fetus. The good news is that lead poisoning is preventable.

## Follow the steps

Lead-safe renovation may seem daunting and expensive but it really isn't. It involves following steps that minimize spreading the dust while the renovation is in progress. Many renovators already follow similar steps. The U.S. Environmental Protection Agency recommends the following process when renovating a home built prior to 1978:

■ **Step 1:** Determine if the job involves lead-based paint by hiring a North Carolina-certified lead-based paint inspector or risk assessor. The North Carolina Health Hazards Control Unit (HHCUC) maintains a list of certified lead professionals on their website: [schs.state.nc.us/lead](http://schs.state.nc.us/lead).

If lead is found in your home, it is highly recommended that a North Carolina-certified lead renovation




*Ensuring that your home is lead-safe is not difficult or expensive.*

firm be hired to do the work.

HHCUC maintains a list of certified renovation firms and helpful renovation information on their website. If you choose to do the work yourself, it is extremely important to follow lead-safe practices that can be found at the EPA link (search for renovation, repair, painting at [epa.gov](http://epa.gov)) or by calling HHCUC or the National Lead Information Center.

- **Step 2:** Set up the jobsite safely. This involves a lot of plastic and tape to cover surfaces, unmovable furniture and HVAC vents to keep all dust contained in the work area in a way that is easy to clean.
- **Step 3:** Protect workers with appropriate safety gear and clothing.
- **Step 4:** Minimize the dust by choosing appropriate tools.
- **Step 5:** Leave the work area clean.
- **Step 6:** Control the waste to ensure the lead dust remains contained.
- **Step 7:** Verify work completion with the cleaning verification procedure.

## Don't make assumptions

No matter when your home was built, the North Carolina Childhood Lead Poisoning Prevention Program (CLPPP) recommends children's blood lead levels be tested at 12 months and again at 24 months of age. Contact your pediatrician or local health department to request a blood lead screening. You can also call CLPPP at 888-774-0071 for more information. 

## Learn more



For more information about lead detection, home renovations and hazard prevention, contact the North Carolina Health Hazards Control Unit at 919-707-5950 or visit

[epi.publichealth.nc.gov](http://epi.publichealth.nc.gov) (search for lead-based paint)

Another excellent resource is the National Lead Information Center at 800-424-LEAD (5323) or [epa.gov/lead](http://epa.gov/lead).

*Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.*





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### Candy Apple Pie

6 cups sliced peeled tart apples	½ teaspoon ground cinnamon	<b>Topping:</b>
2 tablespoons lime juice	¼ teaspoon salt	2 tablespoons butter
¾ cup sugar	Pastry for double-crust pie (9-inch)	¼ cup packed brown sugar
¼ cup all-purpose flour	2 tablespoons butter	1 tablespoon heavy whipping cream
		¼ cup chopped pecans

In a large bowl, toss apples with lime juice. Combine the sugar, flour, cinnamon and salt; add to apples and toss lightly.

Line a 9-inch pie plate with bottom crust and trim even with edge; fill with apple mixture. Dot with butter. Roll out remaining pastry to fit top of pie. Place over filling. Trim, seal and flute edges; cut slits in pastry.

Bake pie at 400 degrees for 40 to 45 minutes or until golden brown and the apples are tender.

For topping, melt butter in a small saucepan. Stir in brown sugar and cream; bring to a boil, stirring constantly. Remove from the heat and stir in pecans.

Pour over top crust. Bake the pie 3–4 minutes longer or until bubbly. Place on a wire rack. Serve warm.

### Chocolaty S'Mores Bars

- ¼ cup butter, cubed
- 1 package (10 ounces) large marshmallows
- 1 package (12 ounces) Golden Grahams
- ⅓ cup milk chocolate chips, melted



In a large saucepan, melt butter over low heat. Add marshmallows; cook and stir until blended. Remove from heat. Stir in cereal until coated.

Using a buttered spatula, press evenly into a greased 13-by-9-inch pan. Drizzle with the melted chocolate chips. Allow to cool completely in the pan. Cut into bars. Store in an airtight container.

*Yield: 1½ dozen.*



### Pumpkin Chili

- |  |  |
|--|--|
| 3 pounds ground beef                               | 2 cans (10¾ oz ea.) condensed tomato soup, undiluted |
| 1 medium onion, chopped                            | 1 cup canned pumpkin                                 |
| 2 cans (16 ounces each) hot chili beans, undrained | 2 teaspoons pumpkin spice                            |
| 2 bottles (12 ounces each) chili sauce             | 1 teaspoon salt                                      |
|  | 1 teaspoon sugar                                     |
|  | 1 teaspoon pepper                                    |
|  | 1 teaspoon chili powder                              |

In a large Dutch oven, cook beef and onion over medium heat until no longer pink; drain. Stir in the remaining ingredients. Add water if desired to reduce thickness. Bring to a boil. Reduce heat; cover and simmer for 1 hour.

## From Your Kitchen

### Pumpkin Pudding Crunch

- 2 sticks salted butter
- 1 large can (29 ounces) pumpkin puree
- 3 eggs
- 1 large can (12 ounces) evaporated milk
- 1 cup white sugar
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 box yellow cake mix
- Whipped topping
- Fresh mint leaves (optional)

Melt butter, set aside. In a large bowl, mix together pumpkin puree, eggs, milk, sugar, vanilla, cinnamon and nutmeg. Pour into baking dish.

Sprinkle dry cake mix evenly over the pumpkin mixture, covering completely. Pour melted butter on top to cover cake mix; do not mix or stir in. Butter should sit on top of cake mix.

Bake for 1 hour at 350 degrees. Let cool. Best served cold, topped with whipped topping, dash of cinnamon. Optional: garnish with mint.

*Kathy Omasta of Wake Forest, a member of Wake EMC*

### Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: [Jenny.Lloyd@carolinacountry.com](mailto:Jenny.Lloyd@carolinacountry.com).

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**\$34<sup>99</sup> mo** for 12 months

Big Ten Network	FXX	Fox Sports 2	Longhorn Network	Plus Your Favorite Regional Sports Networks
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Includes all of America's Top 120 channels plus channels listed above.

**America's Top 200** Over 240 Favorite Channels

**\$39<sup>99</sup> mo** for 12 months

Al Jazeera America	FOX Business News	National Geographic Channel	Nick Jr.	TeenNick
Baby First TV	Galavision	NHL Network	OWN Oprah Winfrey Network	Turner Classic Movies
BET	Golf Channel	NBA League Pass	Oxygen	WGN America
Disney XD	Lifetime Movie Network	NBCSN	Sundance TV	Plus Many More
Esquire Network	MLB Network	NFL Network		

Includes all of America's Top 120 channels plus channels listed above.

**America's Top 250** Over 290 Favorite Channels

**\$39<sup>99</sup> mo** for 12 months

American Heroes Channel	FX Movie Channel	Movie Channel xtra	Rural TV	VH1 Classic
Chiller	Fusion	MoviePlex	Sportsman Channel	Z Living
Dish Music 18+ Music Channels	Movie Channel - W	NBC Universo	TheBlaze	Plus Many More

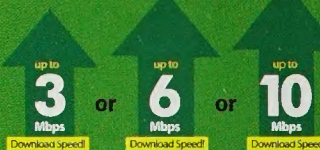
Includes all of America's Top 200 channels plus channels listed above.

All offers require 24-month commitment and credit qualification. Monthly fees apply based on number of rooms.  
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**FlexTV Offer Important Terms and Conditions:** Activation fee: FlexTV plan requires \$199 activation fee and receiver purchase. Customers subscribing to DishLATINO or qualifying International programming package receive instant \$150 credit on activation fee. Installation/Equipment Requirements: Monthly fees and limits on number and type of receivers will apply. All charges, including monthly programming, pay-per-view and equipment upgrades, must be paid in advance; failure to pay by due date will lead to service disconnection within 24 hours. **Important Terms and Conditions: Promotional Offers:** Require activation of new qualifying DISH service. All prices, fees, charges, packages, programming, features, functionality and offers subject to change without notice. After 12-month promotional period, then-current monthly price applies and is subject to change. ETP: If you cancel service during first 24 months, early termination fee of \$20 for each month remaining applies. **Additional Requirements: Hopper:** Monthly fees: Hopper, \$12; Joey, \$7; Super Joey, \$10. Recording hours vary: 2000 hours based on SD programming. **Premium Channels:** Premium offer value is \$135; after 3 months then-current monthly prices apply and are subject to change unless you call or go online to cancel prior to the end of 3 months. **HBO, Cinemax** and related channels and service marks are the property of Home Box Office, Inc. **SHOWTIME** is a registered trademark of Showtime Networks Inc., a CBS Company. **Installation/Equipment Requirements:** Free Standard Professional Installation only. Leased equipment must be returned to DISH upon cancellation or unreturned equipment fees apply. Upfront and additional monthly fees may apply. **Gift Card:** Courtesy of GoDish.com when you sign up for DISH with qualifying packages through 10/30/2015. While this feature is available for free, certain other transaction fees and costs, terms, and conditions are associated with the use of this Card. See the Cardholder Agreement for more details. Requires 24-month commitment and credit qualification. Redemption Certificate will be sent to customer within 7 days of qualifying DISH service activation. Redemption requires the following: customer's signature and shipping address, proof of DISH service, and payment for shipping and/or handling (payable with cashier's check or money order only). Allow 4-6 weeks from receipt of completed Redemption Certificate for delivery of gift. Neither MetaBank nor Visa is a sponsor, endorser or participant in this promotion. Monthly inactivity fee of \$2.95 after 12 consecutive months of inactivity. Lost/stolen replacement card fee of \$5.00. Cards issued by MetaBank™, Member FDIC, pursuant to a license from Visa U.S.A. Incorporated. See cardholder agreement, which will accompany your card, for more details. **VISA** is a registered trademark of Visa International Service Association. **Multi-Sport Pack Offer:** Included through 1/04/16 with activation and installation of qualifying DISH service between 6/25/15 and 10/30/15. **Miscellaneous:** Offers available for new and qualified former customers, and subject to terms of applicable Promotional and Residential Customer agreements. Taxes or reimbursement charges for state gross earnings taxes may apply. Additional restrictions and taxes may apply. **Offers end 10/30/15.** All rights reserved. Internet: Speeds, prices and providers vary by customer address.